

May 2008 – Unesco, Paris



Fruit and vegetable Summit

Consensus statement

Presented by
EGEA - IFAVA



Co-sponsored by the
World Health Organization (WHO)



With the participation of the **European Commission**
With the support of the **French Ministry of Agriculture**
and the technical cooperation of **FAO**



Consensus statement

- Rising rates of food insecurity and rising rates of obesity represent a dual burden for global public health.
 - We continue to see high rates of chronic diseases that are largely preventable through a healthier diet.
 - **Improving diet quality has to be seen by all as an urgent priority for global public health.**
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Consensus statement

- High consumption of vegetables and fruit is associated with higher overall diet quality and also with healthier lifestyles.
- Emerging evidence indicates that fruit and vegetable consumption may also play a role in weight control. By contrast, inadequate consumption is clearly associated with elevated risk of chronic disease.
- **Increasing the consumption of vegetables and fruit is the key to improving diet quality for all.**

Consensus statement

- **Ensuring that all populations, including disadvantaged ones, have equal access to affordable fruit and vegetables requires an alliance between agriculture, health, and public policy.**
- **Key focus areas for effective population-based interventions, programs and policies must include schools, worksite, community settings, and the media.**

Consensus statement

- **Ensuring access to healthy diets by lower income groups should be a priority for public health.**
- **In particular, we urge the EU and other national governments to move forward quickly to fund and implement the School Fruit Scheme.**

Consensus statement

- **We call on the World Health Organization (WHO), Food and Agriculture Organization (FAO) to continue to provide strong global leadership in promoting increased consumption of fruit and vegetables worldwide.**
 - **All member countries are urged to fund, develop, and implement comprehensive, coordinated, and sustainable policies and programs to improve access to health-promoting vegetables and fruit.**
 - **Such measures, brought about through a convergence between agriculture and public health will significantly reduce the global burden of chronic disease.**
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